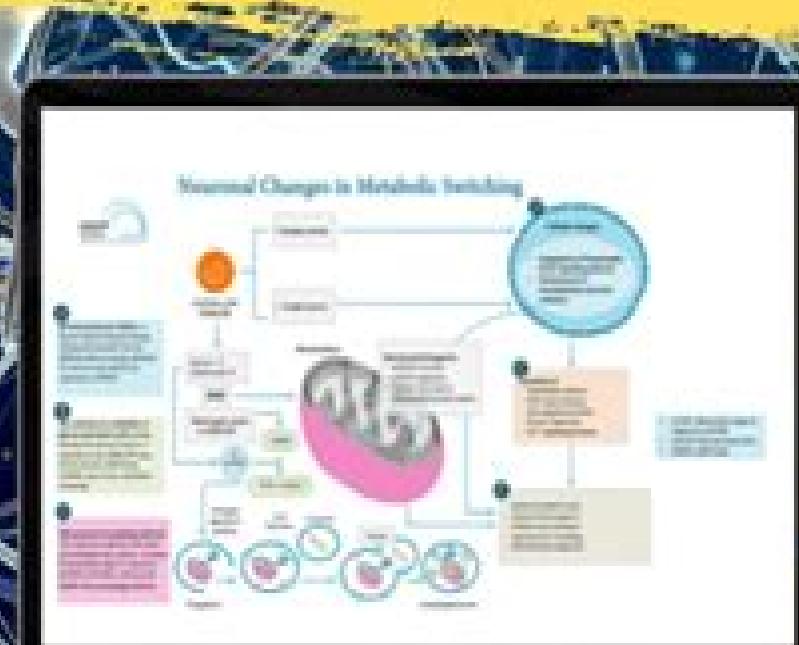


# THE NEUROSCIENCE OF INTERMITTENT FASTING

## A SIMPLIFIED GUIDE TO THE METABOLIC SWITCH AND NEUROPROTECTIVE EFFECTS



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**Melissa Smith**

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